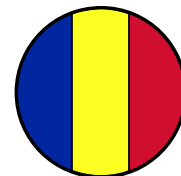




# TRADOC SAFETY NEWSLETTER



Volume 1

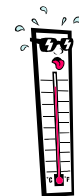
13 June 2000

## SUMMER SAFETY



### WARNING: HEAT INJURIES CAN KILL

It is essential that we inform soldiers, civilian employees, and their families of the hazards associated with the summer season.



## TEN COMMANDMENTS OF PREVENTING HEAT INJURY

1. Provide adequate water and ensure water breaks are taken every 15 to 20 minutes. Do not exceed 1 1/2 quarts per hour. Thirst is not an adequate indicator of dehydration. Alcohol, coffee, soft drinks, and sports drinks are not good substitutes for water. Do not use salt tablets!
2. Ensure soldiers gradually adjust to working in the heat. Acclimatization is essential in preventing heat injuries.
3. Schedule work/rest periods. Schedule heavy work for the cooler part of the day (morning or late afternoon). The body generates more heat when heavy work is being performed.
4. Avoid overexertion. Use mechanical aids whenever possible. Assign tasks between several soldiers to reduce the stress on individuals.
5. Use shaded areas (trees, buildings, and tents) to reduce radiant heating. The temperature in the sun and under the canopy of a tree can vary from 8° to 20°F.
6. Encourage use of sunscreens to protect exposed skin.
7. Wear loose-fitting, light-weight, light-colored clothing. Do not layer; more clothing increases the risk of heat injury. Consider increase heat risk when using protective equipment such as MOPP gear when planning and scheduling activities during times of high temperature, etc.
8. Monitor WBGT so the heat-stress index can be evaluated. Environmental conditions, such as temperatures above 70°F (80°F at night), direct sunlight, humidity, and exposure to any toxic agents add to heat stress. The wind reduces the risk of heat stress by increasing the evaporation of sweat.
9. Train soldiers to recognize and treat heat injuries and encourage them to monitor each other for signs of heat stress.
10. Conduct safety meetings to emphasize special heat spell procedures. Be prepared to provide medical assistance.

## TRADOC SAFETY SALUTES



Annual Occupational Safety and Health Program Evaluation of the U.S. Army Combined Arms Support Command and Fort Lee was conducted 15-18 May 00. Fort Lee has adopted the name "Team Lee" which indicates how Fort Lee executes each of their programs. Fort Lee Safety Team remains at the top of the list of Accomplished Achievers--Lee Team Safety for quality service. Fort Lee Safety personnel are efficient, highly visible, and respected by all their customers.

### **KUDOS TO--**

**Ms. June Milligan** for her excellent Ergonomic training of Fort Lee personnel. She regularly conducts workstation evaluations and is called upon by the contract office when there is a purchase requirement for furniture. Ms. Milligan was recently voted as Vice Chairman of the Federal Safety and Health Council.

**Ms. Barbara Lamberson** for her exceptional performance in radiation safety as proven by 2 May 00 unannounced inspection by the Nuclear Regulatory Commission. There were no deficiencies identified during that inspection.

**Ms. Lorraine Brewster**, Workers' Compensation Specialist, has exceeded all expectations in the management of the Fort Lee FECA Program. She has developed Employee and Supervisor Information packets to inform employees and supervisors of the proper procedures for filing claims and what to expect during processing. Ms. Brewster is also commended for her contribution to the U.S. Army Manpower Analysis by providing detailed and accurate accounting of the man-hours necessary to manage the FECA Program properly. A copy of her analysis was provided to Ms. Carol Simley, FECA Administrator, DA OASA(M&RA). DA used her accounting to show the requirement for a full-time employee to administer the FECA Program at every installation.

## CG DIRECTS SAFETY ALIGNMENT

Ensure your Safety Office is aligned in accordance with Army and TRADOC policy, and General Abram's guidance, so that your safety manager and staff are your honest brokers and Safety has direct and easy access to you, your Chief of Staff, and your commanders. Safety's visible and active presence in direct support of garrison and field training and installation operations demonstrate that safe performance to standard is one of your priorities.

## **CSA/CG TRADOC RISK MANAGEMENT CHAIN TEACHING REVIEW**

Comply with CSA and TRADOC CG's requirement to ensure all permanent party/TDA soldiers and Army civilians under your charge have received appropriate risk management training NLT 1 Jul 00.

### **ACCIDENT REPORTING**

It has become apparent during recent Safety Program Evaluations that we are losing valuable accident prevention information. This is information gained through review of past accident caused during training. When the Safety Office maintains its Safety and Occupational Health Program injury/illness log, this information is captured. This requirement is outlined in AR 385-40, paragraph 2-10a-c. On numerous occasions, soldiers are experiencing injuries which prevent them from training, and no report is submitted to the Safety Office. Would like to remind all to solicit support from your installation to comply with paragraph 2-6a and b of referenced regulation.

### **TRAINING TIDBITS**

Pugil training prepares soldiers to use the rifle-bayonet and increase confidence and aggressiveness. Pugil training allows the soldier to test his/her skills against an opponent that can think, move, evade, and fight back, under the supervision of a trained instructor.

FM 21-150, Combatives, dated 30 Sep 92, provides the training standards and basic principles for Pugil training as well as other combative training. To ensure combative training is conducted, the field manual describes the protective equipment necessary for pugil training and other combatives. Control, supervision, and safety requirements are included to help prevent injuries to soldiers. Your interest and oversight demonstrate the command's interest in safety.

Is combative training on your installation done to standard?

## **DOD FIRE AND EMERGENCY SERVICES (F&ES) ANNUAL AWARDS**

Each year Army fire chiefs have an opportunity to recognize their departments and personnel as part of the DOD F&ES Annual Awards. There are four categories for nomination: Department of the Year, Civilian Fire Fighter of the Year, Military Fire Fighter of the Year, and Heroism Award.

The winner from each category for the Army is submitted to compete for the DOD awards against each of the other components (Army, Navy, Air Force, Marine Corps, DLA, and Coast Guard nominees).



DOD award winners are selected by an impartial panel of 5 fire service professionals, appointed by the Executive Director of the International Association of Fire Chiefs (IAFC) from outside the DOD.

The winners are announced at the DOD Awards Banquet as part of the annual DOD/IAFC Training Conference.

It is with great pleasure that I announce the selection of SPC DeWitt, Fort Rucker F&ES, to receive the Army Fire and Emergency Services Heroism Award for 1999, from among the Army nominees.

SPC DeWitt was nominated for his heroic actions in the crash and rescue of crew members of a UH-IV air ambulance of which he was a crewmember.

SPC DeWitt will compete as the Army's nomination for the DOD Heroism Award among the service components.

SPC DeWitt will also be recognized during the DOD Awards Banquet on the evening of Wednesday, 20 Aug 00, as part of the Fifth Annual DOD/IAFC F&ES Training Session in Dallas, Texas. Hopefully he will also walk away with the DOD Heroism Award that evening.

### **NEW SAFETY PERSONNEL**

Welcome the newest member of the TRADOC Command Safety Team:

**Sarah Strieter** - newly assigned Safety Technician to Safety Office as of 22 May 00. Her main area of responsibility is Accident Reporting. You will deal primarily with Mrs. Strieter concerning your reporting requirements. Mrs. Strieter is not new to HQ TRADOC: DCSPAL/DCSBOS from 1989-2000, Pentagon (OTJAG, DCSLOG, ASA (IL&FM), Under Sec Def (Policy) from 1967-1981.

### **NEW SAFETY ORGANIZATION**

With the turn of the century, TRADOC Safety returned to Office of the CofS, TRADOC. This move, and increased CSA and CG emphasis on safety and risk management, has led to an internal reorganization of the Safety Office. The new Command Safety Office organization is listed below:

George Morgan, Director  
John Pessagno, Senior Safety Engr

Dwight McLemore, Special Projects  
Andrea Thorne, Mgt Asst

#### Installation (Aviation Installation & Tactical) Division

David Prentice, Instl Safety Mgr  
Marna Brumback, Safety Spec  
MAJ Clark Mabrey, Aviation Safety Off  
Sarah Strieter, Safety Tech

Edward Duke, Safety Spec  
Milton Hilliard, Safety Spec  
Denise Watson, Safety Spec

Futures (Range, Fire, Engr) Division

Jack Kornfeld, Safety Mgr  
Steve Collins, Fire Protection Spec

Adam Janczewski, Safety Engr

**IMPORTANT DATES**

24-28 Jul 00 - Range Safety Course, Level II, Palms, CA

7-11 Aug 00 - IET Safety Review, Fort Knox

13-17 Aug 00 - 2nd Annual Federal Workers' Compensation Conference, Orlando, FL

14-18 Aug 00 - Range Safety Course, Level II, Fort Rucker

23 Aug 00 - TRADOC Executive Safety Council Meeting - Command Conference Room

25 Aug-1 Sep 00 - Dept of Defense Fire & Emergency Services Training Conference, Dallas, TX

29 Aug 00 - 3rd Qtr FY 00 CSA IPR

18-22 Sep 00 - Range Safety Course, Level II, Schofield Barracks, HI

25-29 Sep 00 - Army Safety Conference

13-20 Oct 00 - National Safety Congress, Orlando, FL

Oct/Nov 00 - Range Safety Course, Level II, USAREUR

  
GEORGE W. MORGAN  
Director, TRADOC Safety Office